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# **95Se Stairclimber**

## **Assembly Instructions**

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A graphic of a LifeFitness stairclimber machine, shown from a side-front angle. The machine is white with grey accents on the steps and frame. It features a large, curved seat and a vertical support column with a digital display screen. The background behind the machine is a light grey gradient.

*LifeFitness*

**Congratulations...**

*and welcome to the world of*



The following Parts Identification Listing and the step by step assembly procedures have been assembled to make the set-up of the Stairclimber as quick and easy as possible.

Please take special note of the following important points prior to choosing a location and beginning assembly of the Stairclimber.

# **IMPORTANT SAFETY INSTRUCTIONS!**

- ⇒ **DO NOT** locate the Stairclimber outdoors, near swimming pools, or in areas of high humidity.
  - ⇒ **DO NOT** operate your Stairclimber if it has been dropped, damaged, or even partially immersed in water. If this occurs, contact Life Fitness Customer Support Services at the number in the Operation Manual.
  - ⇒ **DO NOT** locate the Stairclimber any closer than 30 inches ( 76 cm ) to a television set.
  - ⇒ **DO NOT** locate additional Stairclimbers any closer than a minimum of 42 inches (107 cm) from center to center to avoid interference (cross talk) between Heart Rate monitors.
  - ⇒ **DO** keep the area around your Stairclimber clear of any obstructions, including walls and furniture.
  - ⇒ **DO** verify the contents of the delivery carton against the accompanying Parts Listing prior to setting the cartons and shipping material aside. If any parts are missing, contact Life Fitness Customer Support Services at the number listed in the Operation Manual. Save the shipping cartons in case of return.
  - ⇒ **DO** read the entire Operation Manual prior to attempting to operate this machine as this is essential for proper use.
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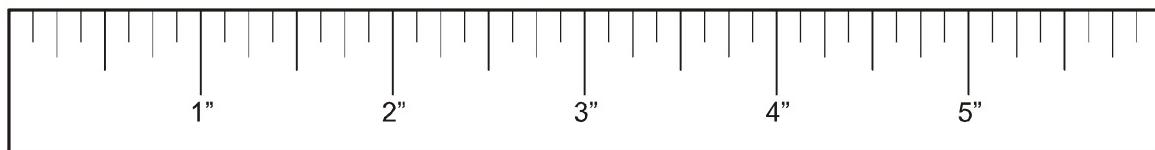
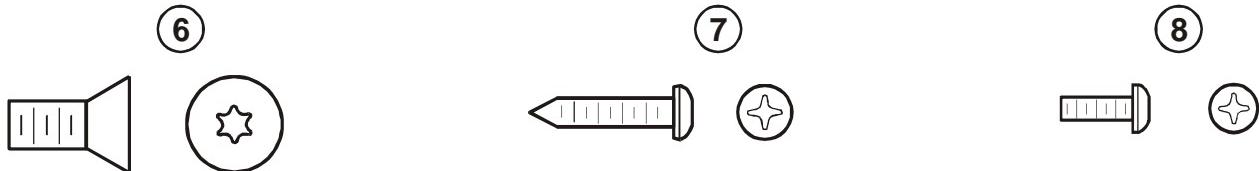
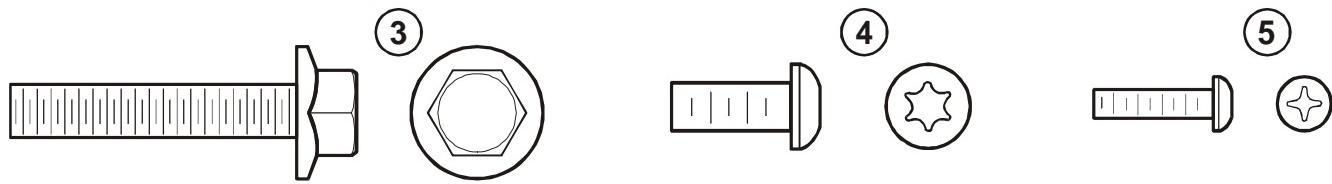
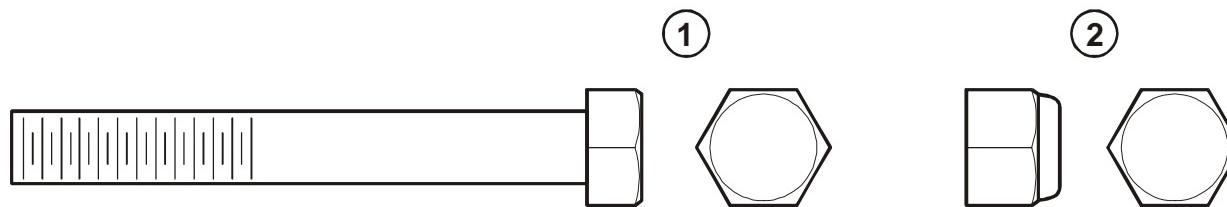
# **CONSIGNES DE SECURITE IMPORTANTES!**

- ⇒ **NE** placez PAS l'appareil à l'extérieur, près d'une piscine ou dans un endroit très humide.
- ⇒ **NE** faites PAS fonctionner l'appareil s'il est tombé, s'il a été endommagé ou s'il a été partiellement plongé dans l'eau. Si cela s'est produit, contactez le service après-vente de Life Fitness au numéro fourni dans le manuel d'utilisation.
- ⇒ **NE** placez PAS l'appareil à moins de 76 cm d'un poste de télévision
- ⇒ **NE** placez PAS d'autres appareils du même type à proximité. Un espace d'au moins 107 cm doit être observé entre les parties centrales de deux appareils afin d'éviter les interférences entre les contrôleurs de rythme cardiaque.
- ⇒ **MAINTENEZ** la zone autour de l'appareil libre de toute obstruction, y compris murs et meubles. Veillez à laisser un dégagement d'au moins 30 cm devant l'appareil.
- ⇒ **VÉRIFIEZ** si l'emballage contient toutes les pièces de la liste jointe avant de le mettre de côté. Si des pièces sont absentes, contactez le service après-vente de Life Fitness au numéro indiqué dans le manuel d'utilisation. Conservez l'emballage au cas où vous devriez renvoyer l'appareil.
- ⇒ **LISEZ** le manuel de l'utilisateur tout entier avant d'essayer de faire fonctionner cet appareil. Ceci est indispensable à son utilisation correcte.

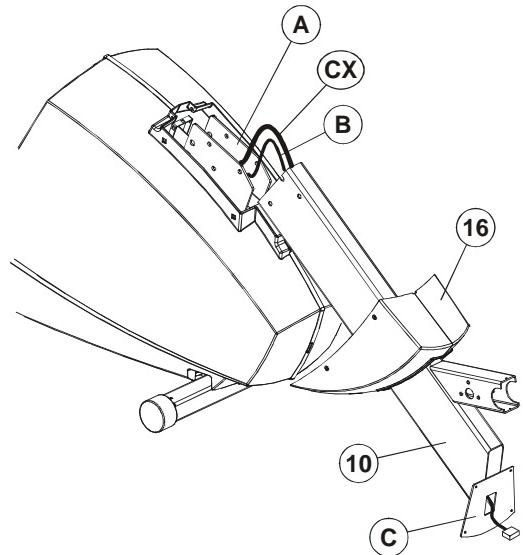
**TOOLS REQUIRED FOR ASSEMBLY... Phillips Screwdriver, T27 Torx Wrench, Socket Set**

**PARTS DESCRIPTION**

1	Hex Head Bolt 3/8 – 16 x 3	Qty: 2	2	Lock Nut 3/8 – 16	Qty: 2
3	Hex Head Bolt 5/16 – 18 x 1.500	Qty: 2	4	Torx Cap Screw 1/4 – 20 x .625	Qty: 4
5	Phillips Pan Head Screw #8 – 18 x .625	Qty: 8	6	Flat Head Screw 1/4 – 20 x .625	Qty: 6
7	Phillips Pan Head Screw #8 – 18 x .75	Qty: 4	8	Phillips Cap Screw #6 – 32 x .375	Qty: 2
9	Display Console Assembly	Qty: 1	10	Monocolumn	Qty: 1
11	Accessory Tray	Qty: 1	12	Vertical Handrail	Qty: 2
13	Left Bullhorn Handlebar	Qty: 1	14	Right Bullhorn Handlebar	Qty: 1
15	Handlebar Assembly	Qty: 1	16	Monocolumn Shroud	Qty: 1
17	Frame Cap	Qty: 2	18	Heart Rate Cable	Qty: 1
19	Cover	Qty: 1			



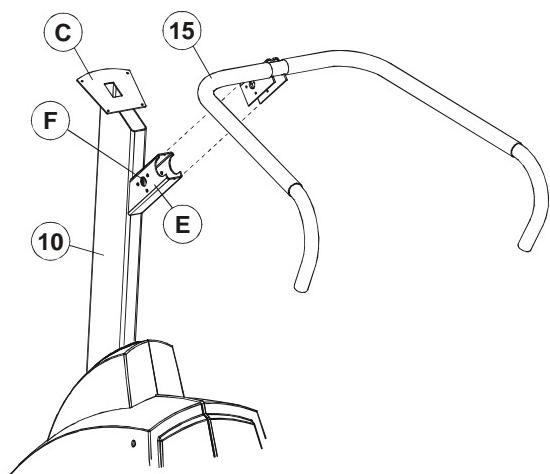
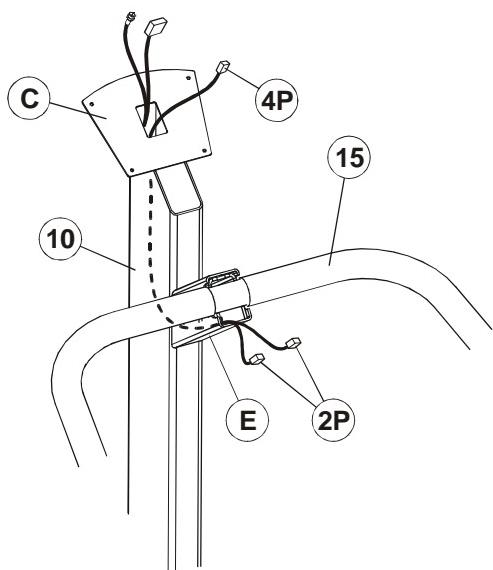
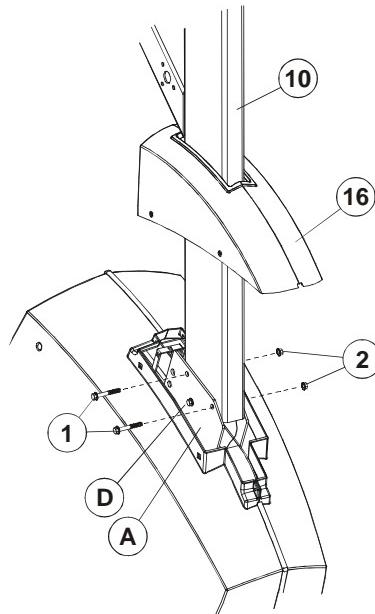
1. Before proceeding, familiarize yourself with the parts of the Stairclimber and make sure that you have received all the items described in the Parts List.
2. Locate the MONOCOLUMN (#10). Position the MONOCOLUMN SHROUD (#16) onto the MONOCOLUMN as shown. Position the MONOCOLUMN near the MONOCOLUMN MOUNTING BRACKET (A) as shown. Detach and feed the CONSOLE WIRE HARNESS (B) and COAXIAL CABLE (CX) through the MONOCOLUMN and out through the DISPLAY CONSOLE MOUNTING BRACKET (C) ACCESS HOLE. Pivot the MONOCOLUMN upright and position the locating slot at the bottom of the MONOCOLUMN onto the pre-installed LOCATING BOLT (D) on the MONOCOLUMN MOUNTING BRACKET. Align the mounting holes of the MONOCOLUMN and MONOCOLUMN MOUNTING BRACKET and secure them together using two MOUNTING BOLTS (#1) and LOCKNUTS (#2). Leave the BOLTS and NUTS loose at this time. Lower the MONOCOLUMN SHROUD until it rests on the MAIN SHROUDS.



**CAUTION:** Be careful not to pinch the COAXIAL CABLE or WIRE HARNESS (C).

**MISE EN GARDE :** veillez à ne pas pincer le CÂBLE COAXIAL ou CÂBLE PRINCIPAL (C).

3. Align and insert the HANDLEBAR ASSEMBLY (#15) into the HANDLEBAR BRACKET TUBE (E) as shown until the mounting holes in the HANDLEBAR ASSEMBLY align with those of the HANDLEBAR BRACKET TUBE.
4. Locate the HEART RATE CABLE (#18). Feed the 4-PIN CONNECTOR (4P) end of the cable through the front of the HANDLEBAR ASSEMBLY (#15). The cable must be routed down the HANDLEBAR BRACKET TUBE (E) and back up the top of the MONOCOLUMN (#10). Feed the 4-PIN CONNECTOR through the DISPLAY CONSOLE MOUNTING BRACKET (C) ACCESS HOLE. Pull the LEFT HEART RATE SENSOR CABLE (2PL) (Labeled LEFT) through the LEFT LARGE HOLE (F) of the HANDLEBAR BRACKET TUBE. Pull the RIGHT HEART RATE SENSOR CABLE (2PR) (Labeled RIGHT) through the RIGHT LARGE HOLE of THE HANDLEBAR BRACKET TUBE.



- Locate the USER LEFT BULLHORN (#13) with a Lifepulse sensor. Connect the 2-PIN CONNECTOR (2P) leading from the USER LEFT BULLHORN to the 2-PIN CONNECTOR (2PL) now leading from the HANDLEBAR BRACKET TUBE (E). Carefully feed any excess HEART RATE CABLE (2PL) into the HANDLEBAR BRACKET TUBE and secure the USER LEFT BULLHORN to the HANDLEBAR BRACKET TUBE using three MOUNTING SCREWS (#6). Tighten the SCREWS securely. Repeat the procedure for the USER RIGHT BULLHORN (#14) with a Lifepulse sensor.
- Position the COVER (#19) over the center of the HANDLEBAR ASSEMBLY (#15) at the HANDLEBAR BRACKET TUBE. Making sure the COVER is oriented properly, slide the COVER over the HANDLEBAR covering the end of the HANDLEBAR BRACKET TUBE. The COVER should fully nest over the HANDLEBAR ASSEMBLY. Secure the COVER using two MOUNTING SCREWS (#8).

**CAUTION: DO NOT OVER-TIGHTEN THE PHILLIPS CAP HEAD SCREWS (#8).**

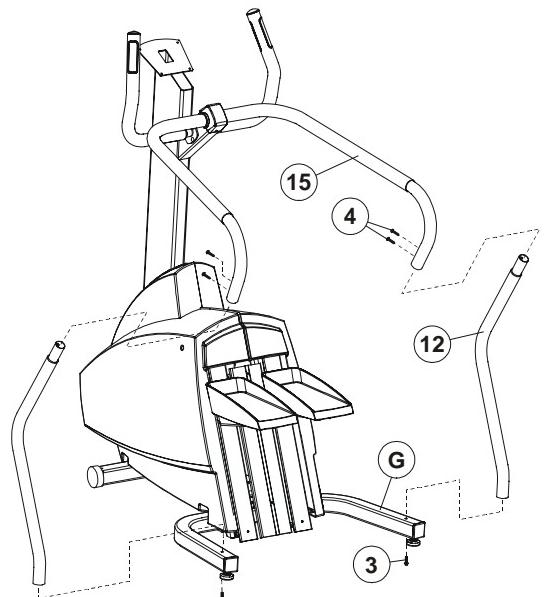
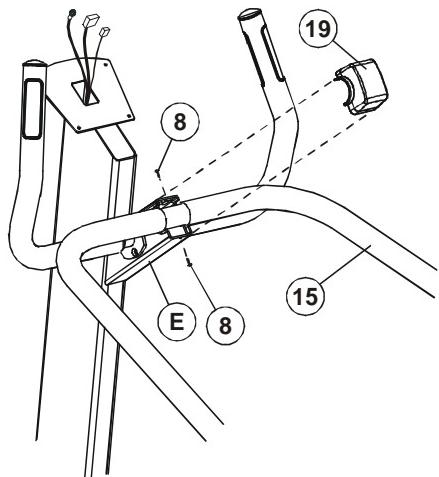
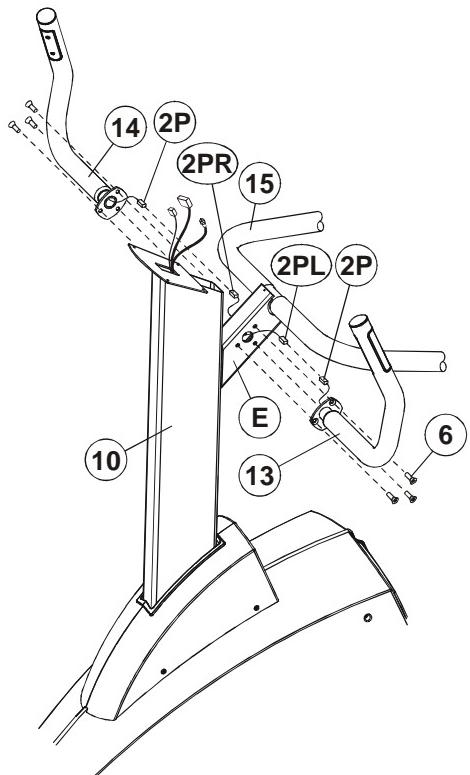
**MISE EN GARDE : NE SERREZ PAS EXCESSIVEMENT LES VIS CRUCIFORMES À TÊTE CYLINDRIQUE (N° 8).**

- Locate one of the VERTICAL HANDRAILS (#12). Carefully insert the top of the VERTICAL HANDRAIL into the user right end of the HANDLEBAR ASSEMBLY (#15). Align the mounting holes. Secure the VERTICAL HANDRAIL to the HANDLEBAR ASSEMBLY using two MOUNTING SCREWS (#4). Position the bottom of the VERTICAL HANDRAIL over the mounting hole in the top of the right FRAME LEG (G). Using one HEX HEAD BOLT (#3), mount the VERTICAL HANDRAIL to the right FRAME LEG as shown. Tighten the BOLT securely. Repeat the procedure for the remaining VERTICAL HANDRAIL (#12) on the left side of the HANDLEBAR ASSEMBLY and FRAME.

Lift the MONOCOLUMN SHROUD (#16) and tighten the MONOCOLUMN BOLTS (#1) securely.

**CAUTION: DO NOT OVER-TIGHTEN THE BOLTS (#1).**

**MISE EN GARDE : NE SERREZ PAS TROP LES BOULONS (N° 1.)**



- Using four MOUNTING SCREWS (#5), attach the ACCESSORY TRAY (#11) to the DISPLAY CONSOLE (#9) as shown.

**CAUTION:** Do not over-tighten the SCREWS (#5).

**MISE EN GARDE :** Ne serrez pas trop les VIS (Nº 5).

- Attach all CABLES (H, CX) leading from the DISPLAY CONSOLE MOUNTING BRACKET (C) ACCESS HOLE to the back of the DISPLAY CONSOLE (#9). Connect the COAXIAL CABLE (CX) first. Followed by the 5-PIN, 4 PIN and 14 PIN CONNECTORS.

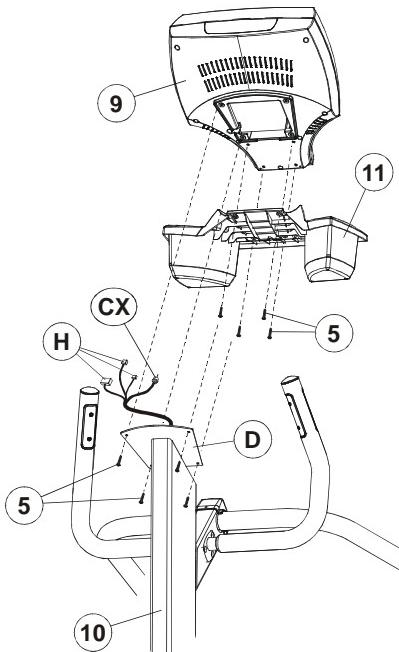
- Feed any excess cable into the MONOCOLUMN (#10). Using four MOUNTING SCREWS (#5), secure the DISPLAY CONSOLE (#9) to the DISPLAY CONSOLE MOUNTING BRACKET (C).

**CAUTION:** Do not over-tighten the PHILLIPS HEAD PAN SCREWS (#5).

**CAUTION:** Be careful not to pinch the CABLES (H, CX) when assembling the CONSOLE ASSEMBLY (#9) to the DISPLAY CONSOLE MOUNTING BRACKET (C).

**MISE EN GARDE :** Ne serrez pas trop les vis cruciformes à tête cylindrique (Nº 5).

**MISE EN GARDE :** Veillez à ne pas pincer le faisceau de CÂBLES (H, CX) lors du montage de la CONSOLE (nº 9) sur son SUPPORT (C).



- Secure the MONOCOLUMN SHROUD (#16) to the MAIN SHROUD using four MOUNTING SCREWS (#7).

**CAUTION:** Do not over-tighten the PHILLIPS HEAD PAN SCREWS (#7).

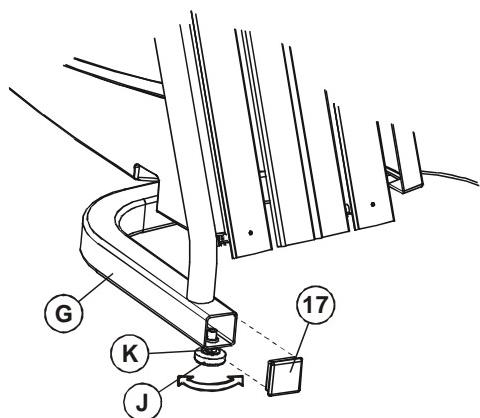
**MISE EN GARDE :** Ne serrez pas trop les VIS CRUCIFORMES À TÊTE CYLINDRIQUE (Nº 7).

- Insert the FRAME CAPS (#17) into the ends of the FRAME LEGS (G).

- After placing the stairclimber in the intended location for use, check the stability of the stairclimber. If the stairclimber is not level, turn a LEVELER (J) in one of the FRAME LEGS (G) in either direction until the rocking motion is eliminated. Tighten the JAM NUT (K) when the stairclimber is level.

**NOTE:** Only one leveler needs to be turned.

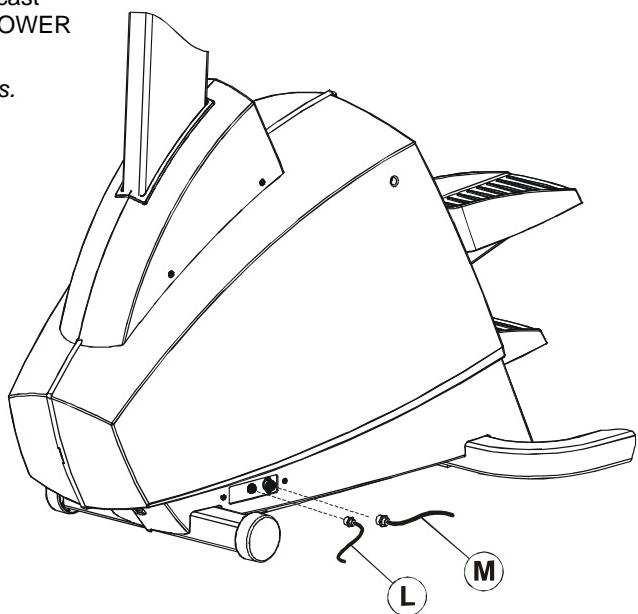
**REMARQUE :** Ne tourner qu'un seul vérin.



- With the stairclimber in the intended location for use and stabilized, locate the supplied POWER SUPPLY and LINE CORD. A coaxial broadcast supply line with an F-Type connector (L) (not supplied) is required for entertainment viewing. Connect the POWER SUPPLY CONNECTOR (M) to the appropriate connector located on the front of the stairclimber. Connect the broadcast supply line at this time if available. Connect the LINE CORD to the POWER SUPPLY and plug the LINE CORD into a power outlet.

**NOTE:** Refer to the operation manual for specific power requirements.

**REMARQUE :** Regardez du manuel d'opération pour l'alimentation électrique spécifique.



## **PRE-OPERATION CHECKLIST**

- ✓ Ensure that all fasteners are tight.
  - ✓ Make sure the Stairclimber is properly leveled and stable.  
(Refer to the Operation Manual)
  - ✓ Ensure that the Leveler Jam Nuts are tight.  
(Refer to the Operation Manual)
  - ✓ Read the entire Operation manual before using the Stairclimber.
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## ***LISTE DES VÉRIFICATIONS À EFFECTUER AVANT LA MISE EN MARCHE***

- ✓ Vérifiez si tous les dispositifs de fixation sont serrés
  - ✓ Vérifiez si l'APPAREIL D'EXERCICE POLYVALENT est de niveau et stable.  
(Référez-vous au manuel d'utilisation.)
  - ✓ Vérifiez si les contre-écrous des vérins de mise à niveau sont serrés.  
(Référez-vous au manuel d'utilisation.)
  - ✓ Lisez le manuel d'utilisation dans son intégralité avant d'utiliser l'appareil d'exercice polyvalent.
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Before attempting to operate your Stairclimber, it is imperative that you familiarize yourself with the contents of the Operation Manual. If your Stairclimber does not respond as described in the Operation Manual, contact the nearest Life Fitness service center as listed in the Operation Manual.

